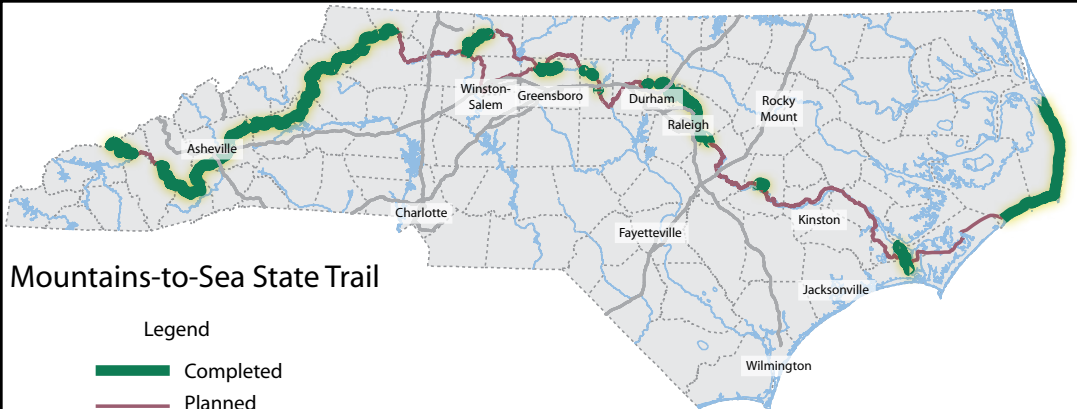
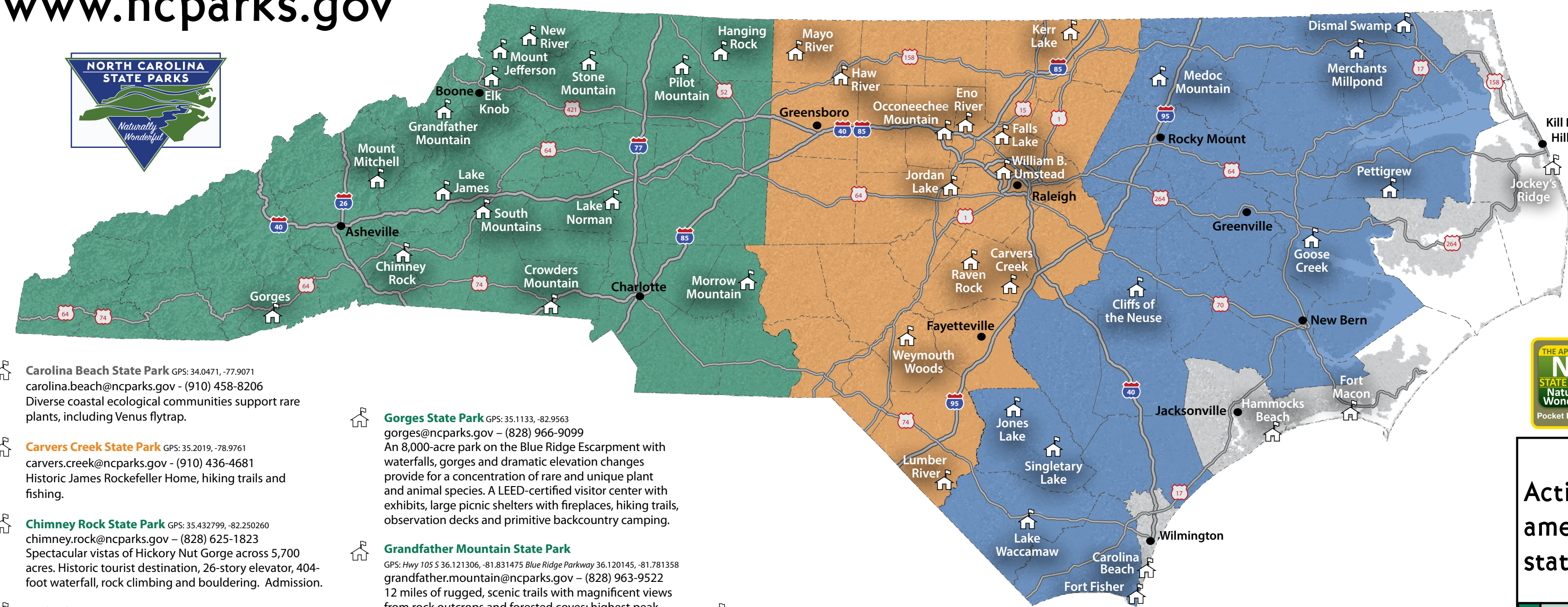


NORTH CAROLINA STATE PARKS AND RECREATION

www.ncparks.gov



Mountains-to-Sea State Trail

- Legend
- Completed
 - Planned

The Mountains-to-Sea State Trail, an effort to link Clingman's Dome in the Great Smoky Mountains National Park to Jockey's Ridge State Park on the Outer Banks, is the flagship project of the North Carolina State Trails Program. Today, over 600 miles of the 1,000 mile route are open for use. Partners across North Carolina are helping to plan and build the trail to link communities together and to serve as the backbone of a growing system of land and water trails. Visit www.ncparks.gov for more information.



We're social

www.facebook.com/NorthCarolinaStateParks

www.twitter.com/NCparks

Activities & amenities in state parks		Camping facilities	Trails	Recreation	Education
		Drive-to tent camping RV, trailer camping Dump station Showers Backpack camping Canoe-in camping Group camping Cabins	Hiking, more than 5 miles Horseback riding Bicycling Rock climbing	Motors 10-horsepower or less Fishing Powerboat ramp Marina access Nonmotorized boat access Boat rental Swimming	Picnic shelter Visitor center Exhibit hall Historic site
Western	Chimney Rock				
	Crowders Mountain				
	Elk Knob				
	Gorges				
	Grandfather Mountain				
	Hanging Rock				
	Lake James				
	Lake Norman				
	Mount Jefferson				
	Mount Mitchell				
Central	Morrow Mountain				
	New River				
	Pilot Mountain				
	South Mountains				
	Stone Mountain				
	Carvers Creek				
	Eno River				
	Falls Lake				
	Haw River				
	Jordan Lake				
Eastern	Kerr Lake				
	Lumber River				
	Mayo River				
	Occoneechee Mountain				
	Raven Rock				
	Weymouth Woods				
	William B. Umstead				
	Cliffs of the Neuse				
	Dismal Swamp				
	Goose Creek				
Coastal	Jones Lake				
	Lake Waccamaw				
	Medoc Mountain				
	Merchants Millpond				
	Pettigrew				
	Singletary Lake				
	Carolina Beach				
	Fort Fisher				
	Fort Macon				
	Hammocks Beach				

- Carolina Beach State Park** GPS: 34.0471, -77.9071
carolina.beach@ncparks.gov – (910) 458-8206
Diverse coastal ecological communities support rare plants, including Venus flytrap.
- Carvers Creek State Park** GPS: 35.2019, -78.9761
carvers.creek@ncparks.gov – (828) 625-4681
Historic James Rockefeller Home, hiking trails and fishing.
- Chimney Rock State Park** GPS: 35.432799, -82.250260
chimney.rock@ncparks.gov – (828) 625-1823
Spectacular vistas of Hickory Nut Gorge across 5,700 acres. Historic tourist destination, 26-story elevator, 404-foot waterfall, rock climbing and bouldering. Admission.
- Cliffs of the Neuse State Park** GPS: 35.2354, -77.8932
cliffs.neuse@ncparks.gov – (919) 778-6234
Multicolored cliffs up to 98 feet tower over historic river. Part of the Mountains-to-Sea State Trail.
- Crowders Mountain State Park** GPS: 35.2127, -81.3006
crowders.mountain@ncparks.gov – (704) 853-5375
Two of the highest peaks in Kings Mountain Range, 20-mile views, streams and lake environments.
- Dismal Swamp State Park** GPS: 36.5057, -76.3551
dismal.swamp@ncparks.gov – (252) 771-6593
More than 14,000 acres of the Great Dismal Swamp. Part of the Underground Railroad. Bordered by the Dismal Swamp Canal.
- Elk Knob State Park** GPS: 36.332586, -81.69064
elk.knob@ncparks.gov – (828) 297-7261
Scenic vistas from more than 5,500 feet in elevation with rare and unique plant communities. Enjoy a picnic after a rugged hike to the summit. Visit on a snowy day to enjoy cross-country skiing or snowshoeing.
- Eno River State Park** GPS: 36.0783, -79.0050
eno.river@ncparks.gov – (919) 383-1686
Scenic wilderness corridor encompasses 14 miles of river, multiple cultural history sites, and an extensive trail system. Part of the Mountains-to-Sea State Trail.
- Falls Lake State Recreation Area** GPS: 36.0117, -78.6888
falls.lake@ncparks.gov – (919) 676-1027
Expansive reservoir and woodlands, habitat for diversity of animals, including American bald eagles. Part of the Mountains-to-Sea State Trail.
- Fort Fisher State Recreation Area** GPS: 33.9534, -77.929
fort.fisher@ncparks.gov – (910) 458-5798
Barrier island between Cape Fear River and Atlantic Ocean is home to rare and endangered coastal birds and sea turtles.
- Fort Macon State Park** GPS: 34.695250, -76.681145
fort.macon@ncparks.gov – (252) 726-3775
Restored historic fort that played a key role in Civil War, barrier island beach. Fort tours, Civil War reenactments or enjoy the beautiful beach.
- Goose Creek State Park** GPS: 35.481853, -76.901414
goose.creek@ncparks.gov – (252) 923-2191
Hardwood swamps and brackish marshes along the Pamlico River, oaks draped in Spanish moss.
- Gorges State Park** GPS: 35.1133, -82.9563
gorges@ncparks.gov – (828) 966-9099
An 8,000-acre park on the Blue Ridge Escarpment with waterfalls, gorges and dramatic elevation changes provide for a concentration of rare and unique plant and animal species. A LEED-certified visitor center with exhibits, large picnic shelters with fireplaces, hiking trails, observation decks and primitive backcountry camping.
- Grandfather Mountain State Park** GPS: Hwy 105 S 36.121306, -81.831475 Blue Ridge Parkway 36.120145, -81.781358
grandfather.mountain@ncparks.gov – (828) 963-9522
12 miles of rugged, scenic trails with magnificent views from rock outcrops and forested coves; highest peak at 5,946 feet. Home to 70 known rare/endangered species and 16 distinct natural communities. Adjacent to Grandfather Mountain attraction.
- Hammocks Beach State Park** GPS: 34.67261, -77.13945
hammocks.beach@ncparks.gov – (910) 326-4881
On mainland and islands; park operates a seasonal passenger ferry to ocean beach, maritime forests, salt marshes, tidal creeks. Sea turtle nesting site.
- Hanging Rock State Park** GPS: 36.411906, -80.254122
hanging.rock@ncparks.gov – (336) 593-8480
Rock outcrops at elevations up to 2,580 feet, five waterfalls, mountain lake, access to scenic river. Part of the Mountains-to-Sea State Trail.
- Haw River State Park** GPS: 36.250646, -79.756364
haw.river@ncparks.gov – (336) 342-6163
The Summit Center provides training facilities, environmental education opportunities and overnight accommodations.
- Jockey's Ridge State Park** GPS: 35.9642, -75.6330
jockeys.ridge@ncparks.gov – (252) 441-7132
Tallest living sand dune along U.S. Atlantic coast, barrier island ecology. Stroll along the sound or hang glide from a dune. Part of the Mountains-to-Sea State Trail.
- Jones Lake State Park** GPS: 34.682743, -78.595423
jones.lake@ncparks.gov – (910) 588-4550
Carolina bay environment, five-mile hiking trail through diverse habitats with lake overlooks.
- Jordan Lake State Recreation Area** GPS: 35.7369, -79.0169
jordan.lake@ncparks.gov – (919) 362-0586
13,900-acre reservoir, home to American bald eagles. Several areas for day-use or overnight recreation.
- Kerr Lake State Recreation Area** GPS: 36.4411, -78.3688
kerr.lake@ncparks.gov – (252) 438-7791
50,000-acre reservoir with 800 miles of shoreline spanning North Carolina/Virginia state line.
- Lake James State Park** GPS: 35.728710, -81.901123
lake.james@ncparks.gov – (828) 584-7728
Vistas of surrounding Black Mountains overlooking manmade 6,812-acre lake. Take advantage of the many recreation opportunities this lake has to offer.
- Lake Norman State Park** GPS: 35.6652, -80.9421
lake.norman@ncparks.gov – (704) 528-6350
State's largest manmade lake at 32,510 acres. More than 30 miles of biking trails.
- Lake Waccamaw State Park** GPS: 34.278985, -78.465485
lake.waccamaw@ncparks.gov – (910) 646-4748
One of the largest Carolina bays with unique plants and animals, including alligators.
- Lumber River State Park** GPS: Princess Ann 34.390023, -79.002225 Chalks Bank 34.8987, -79.3549
lumber.river@ncparks.gov – (910) 628-4564
State Nature & Scenic and National Wild & Scenic 115 miles blackwater river. Enjoy Griffin's Whirl, a unique reverse flow area.
- Mayo River State Park** GPS: 36.438800, -79.938171
mayo.river@ncparks.gov – (336) 427-2530
A visitor's center, hiking trails, picnic tables and a picnic shelter are situated near two fishing ponds. Call the park office for updates on new facilities.
- Medoc Mountain State Park** GPS: 36.2639, -77.8883
medoc.mountain@ncparks.gov – (252) 586-6588
Exposed rock outcrops, bluffs; steep topography, rocks, minerals unusual to piedmont.
- Merchants Millpond State Park** GPS: 36.437105, -76.701585
merchants.millpond@ncparks.gov – (252) 357-1191
Maze of towering bald cypress trees draped in Spanish moss dominates lake and adjacent swamp.
- Morrow Mountain State Park** GPS: 35.373724, -80.073477
morrow.mountain@ncparks.gov – (704) 982-4402
Mountains up to 936 feet, peaceful lake. These pinnacles are the remains of one of the oldest mountain ranges in the eastern United States.
- Mount Jefferson State Natural Area** GPS: 36.397660, -81.473466
mount.jefferson@ncparks.gov – (336) 246-9653
Panoramic views from scenic Blue Ridge mountaintop at 4,683-foot elevation. National Natural Landmark.
- Mount Mitchell State Park** GPS: 35.7528, -82.2737
mount.mitchell@ncparks.gov – (828) 675-4611
Highest peak east of the Mississippi at 6,684 feet, views up to 100 miles, North Carolina's first state park. Part of the Mountains-to-Sea State Trail.
- New River State Park** GPS: 36.467680, -81.340350
new.river@ncparks.gov – (336) 982-2587
Nationally designated Wild and Scenic and American Heritage River. It offers canoeing and hiking past scenic rock outcrops, farmlands and woodlands.
- Occoneechee Mountain State Natural Area** GPS: 36.060835, -79.116900
eno.river@ncparks.gov – (919) 383-1686
Over three miles of trail circle around the highest point in Orange County, providing beautiful views of the mountain and the Eno River.
- Pettigrew State Park** GPS: 35.4732.03, -76.2434.17
pettigrew@ncparks.gov – (252) 797-4475
Second-largest natural lake in state, old-growth trees, American Indian artifacts including second-oldest dugout canoe in U.S., plantation historic site and grave of Confederate general.
- Pilot Mountain State Park** GPS: 36.3432, -80.4623
pilot.mountain@ncparks.gov – (336) 325-2355
National Natural Landmark offering scenic vistas of Blue Ridge mountains. Canoe the Yadkin River as it flows for two miles through the park.
- Raven Rock State Park** GPS: 35.4597, -78.9127
raven.rock@ncparks.gov – (910) 893-4888
Landmark bluff that stretches 150-foot-high and more than a mile along the Cape Fear River.
- Singletary Lake State Park** GPS: 34.5831, -78.4496
singletary.lake@ncparks.gov – (910) 669-2928
Carolina bay environment, scenic lake vistas, undeveloped shoreline.
- South Mountains State Park** GPS: 35.5963, -81.6000
south.mountains@ncparks.gov – (828) 433-4772
Mountain peaks to 3,000 feet, 80-foot waterfall. Parts of the park were constructed by the Civilian Conservation Corps (CCC).
- Stone Mountain State Park** GPS: 36.3873, -81.0273
stone.mountain@ncparks.gov – (336) 957-8185
Rock dome rising 600 feet above the valley floor, waterfalls, mid-19th century Homestead, Blue Ridge mountain views. Part of the Mountains-to-Sea State Trail.
- Weymouth Woods Sandhills Nature Preserve** GPS: 35.1469, -79.3690
weymouth.woods@ncparks.gov – (910) 692-2167
Longleaf pine forest; broad, flat valleys; rare and endangered species include red-cockaded woodpecker, pine barrens tree frog, bog spicebush.
- William B. Umstead State Park** GPS: 35.8905, -78.7502
william.umstead@ncparks.gov – (919) 571-4170
More than 5,000 acres of hardwood forest in urban Triangle region including creeks, lakes and extensive trail network with scenic overlooks.